



WORKSITE WELLNESS NEWS

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SPECIAL POINTS OF INTEREST:

- **Weight Loss Challenge Results!**
- **Caregivers Seminar Scheduled**
- **Important Insurance Meetings**

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Weight Loss Challenge Results Announced!

Several City of Bryan employees signed up to participate and proved to be successful in the 2nd Annual "WE CAN" Weight Loss Challenge. The challenge was held from September 8th through December 1st. Participants were challenged to shed pounds during the three month period by making healthier choices. For each pound lost by participants, HEB (Tejas Center) donated one canned good to the

KBTX Food for Families Food Drive held on December, benefiting the Brazos Valley Food Bank. Collectively, participants lost a total of 166.5 pounds! The overall winner of the challenge was Stephanie Sapien (BTU Customer Service) with a 9.27% weight loss. Eric Aguas (BTU Customer Service) came in second place with a 9.2% weight loss. Not only did this challenge help them shed unwanted pounds, but also

helped feed hungry people right here in the Brazos Valley. Congratulations to all who participated in the challenge and here's to making healthy choices throughout the New Year!



Caregiver Seminar to be held this month

According to the National Family Caregiver Alliance, over 65 million people, 29% of the U.S. population, care for a chronically ill, disabled or elderly family member or friend during any given year and spend an average of 20 hours per week providing care. Many of these caregivers are also caring for a family of their own and working full-time. Knowing what resources are available to you as a caregiver and taking proper care of yourself can make things easier on you and your loved one. Join us for a wellness seminar focused on the topic of caregiving.



Caregiver Seminar

Wednesday, January 18th
2:30-3:00pm

MOB Basement Training Room

Speaker: *Susie Brown, Area Agency on Aging,
Caregiver Coordinator*

Do you know your Family Health History?



Knowing the health history of your family members can help your healthcare practitioner provide better care for you. If you have a family member with a certain condition, it can help you and your medical provider recognize early signs or symptoms that you might have or perhaps help him/her make

recommendations that will lower your personal risk for a disease. A good family health history should include three generations of your biological relatives. Take time to research and ask family members questions about chronic diseases that they might have and discuss these with your medical provider. If you

are looking for an easy tool to help you record and keep track of your family's health history, visit the following website provided by the U.S. Surgeon General and the Department of Health and Human Services: <https://familyhistory.hhs.gov/fhh-web/home.action>.

This web-based tool is free and easy to update.

Other helpful resources can be found at www.cdc.gov/genomics/famhistory/index.htm.

White Chicken Chili Recipe

Serves 8

Ingredients

- 1 can (10 ounces) white chunk chicken
- 3 cups cooked white beans
- 1 can (14.5) low-sodium diced tomatoes
- 4 cups low-sodium chicken broth
- 1 medium onion, chopped
- 1/2 medium green pepper, chopped
- 1 medium red pepper, chopped
- 2 garlic cloves, minced
- 2 teaspoons chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- Cayenne pepper, to taste
- 6 tablespoons reduced-fat Monterrey Jack cheese
- 3 tablespoons fresh cilantro
- 6 ounces low-fat baked tortilla chips

In a large soup pot, add the chicken, beans, tomatoes, and chicken broth. Cover and simmer over medium heat. Meanwhile, spray a non-stick frying pan with cooking spray. Add the onions, peppers, and garlic and sauté until the vegetables are soft. Add the onion and pepper mixture to the soup pot. Stir in chili powder, cumin oregano, and as desired, cayenne pepper. Simmer for about 10 minutes.

Ladle into bowls and top with cheese and cilantro. Serve with baked chips on the side.

Source: www.mayoclinic.com

CPR, First Aid & Defensive Driving Classes

CPR & First Aid (first time)

January 24th
8am to 5pm at the MSC

CPR & First Aid (renewal)

January 25th
1-3pm at the MSC



Defensive Driving

January 23rd or
January 28th
8am-4pm at the MSC



Please contact Howard Hart at 209-5056 or hhart@bryantx.gov to register.

Know Your Benefits

Department Meetings Scheduled for New Insurance Options: Accident & Critical Care Insurance

Benefits Administrator, Flo Galaviz, will host meetings beginning this week to discuss these voluntary benefits and associated premiums. **Employees will only have one opportunity to enroll without answering medical questions.** Please make plans to attend one of these meetings.

January

Monday	Tuesday	Wednesday	Thursday	Friday
2 City Holiday	3 7am MSC Training Room 10am Central Fire Station 1:30pm Fire Station #5 3:00pm MOB Basement Training Room	4 7am MSC Training Room 8am MSC Training Room 10am Central Fire Station 1:30pm Fire Station #5 3:00pm Municipal Court (Secondary Courtroom)	5 8am MOB Basement Training Room 10am Central Fire Station 1:30pm Fire Station #5 4:30pm Dansby Power Plant	6 7am MSC Training Room 8:45am Community Development (Horizon Bldg.)
9 No Meetings Scheduled	10 6am Police Shift Briefing 7am Police Shift Briefing 8am College Station Library 11am IT 3pm Police Shift Briefing 6pm Police Shift Briefing 7pm Police Shift Briefing Room	11 6am Police Shift Briefing 7am Police Shift Briefing 8am Bryan Library 3pm Police Shift Briefing 3:30pm Municipal Court (Secondary Courtroom) 6pm Police Shift Briefing 7pm Police Shift Briefing	12 7:30am BTU Distribution 8:45am BTU Transmission Warehouse 9:30am BTU-QSE 10:30am BTU-Administration Conference Room 11:30am BTU-Administration Conference Room	13 No Meetings Scheduled

New Blue Cross Blue Shield Insurance Cards

If you are on the City of Bryan's Health Insurance, expect to receive a new insurance card from Blue Cross Blue Shield in the mail. The new card will reflect co-payment changes which became effective January 1, 2012. Always keep your card with you and take it with you to all medical or dental appointments you have.

If you have wellness news to share with others and would like to have it spotlighted in our next newsletter, please feel free to submit it to:

Lesley Becker
 Wellness Coordinator
 (979) 209-5050
lbecker@bryantx.gov
www.bryantx.gov/wellness